

TRAGEDY IN SURFSIDE

Your child is talking about the Surfside condo collapse. How should you handle it?

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On airplanes, passengers are told to put on their own oxygen masks first before helping others. The same is true when it comes to coping with trauma like the Surfside condo collapse. To help others, check on your own mental health first, experts say.

"We are empathetic beings," said Grettel Suarez, associate director of research & evaluation for The Children's Trust, a nonprofit in Miami-Dade County. "We tend to try to be very selfless."

If you don't take care of yourself first, you can burn out and might not be able to be give your time, attention and care to others, Suarez said.

And while people might experience similar emotions, the way they react can vary.

"The building collapse was tragic, sudden, and overwhelming," said Dr. Carolina Raeburn, a licensed clinical psychologist who owns a private practice in Miami. "It's normal for people to feel sadness, anxiety, anger, and grief after a tragic event."

Kids can also be affected by tragedies and "are especially vulnerable to stress reactions related to media," according to the American Red Cross.

The way children react will depend on age and



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A father looks on as his son cries at the makeshift memorial site near Veterans Park for those missing and deceased after the partial collapse of Champlain Towers South condominium in Surfside on June 28.

previous experiences, and also how they typically cope with stress. Their reaction can also be influenced by how their parents and other adults in their life are responding, the Red Cross said.

"There's no right response. So everybody is going to experience this differently, they're going to run the gamut of emotions and experience based on their experiences and there's no right or wrong," Suarez said.

HOW TO COPE WITH TRAUMA

Here are some tips from experts to help support yourself and others during this difficult time:

• Understand and

accept what you're feeling. Tragedies like the one in Surfside can send people into shock, followed by anger, frustration, sadness, guilt, uncertainty or anxiety, especially given the unknowns of what's to come, according to Raeburn. It's important to remember to be patient with yourself and others and that it's OK to feel what you're feeling. For parents, understanding and accepting your own emotions will help you assist your kids in coping with the situation.

• Don't forget to take care of yourself. Eat healthy, drink water and get enough rest. Practice relaxation techniques and move your body. Even

CITY OF MIAMI BEACH NOTICE OF PUBLIC HEARING

RESOLUTION APPROVING A WAIVER OF THE LAND DEVELOPMENT REGULATIONS PERTAINING TO GENERAL ADVERTISING SIGNAGE AT FLAMINGO PARK, 1200 MERIDIAN AVENUE, TO PERMIT A BANNER FOR JACKSON HEALTH SYSTEM AT THE FOOTBALL STADIUM & SOCCER FIELD IN FLAMINGO PARK, IN CONNECTION WITH JACKSON HEALTH SYSTEM'S DONATION TO THE CITY

JULY 28, 2021 CITY COMMISSION MEETING

On July 28, 2021, the City of Miami Beach will host a Hybrid Commission Meeting. During the Hybrid Commission Meeting, the City Commission will be physically present in a socially distanced manner in the Commission Chamber, Miami Beach City Hall, 1700 Convention Center Drive, 3rd Floor, Miami Beach, FL 33139. Applicants and the public are encouraged to attend the meeting virtually (as provided below). However, members of the public who wish to attend the meeting or provide public comment in person may appear at the Commission Chamber. Members of the public are strongly encouraged to wear facial coverings and observe social distancing, consistent with CDC guidance to limit the spread of COVID-19.

To participate or provide comment virtually during the Commission Meeting, the public may join the webinar at: <https://miami-beach-fl-gov.zoom.us/j/81392857671> or via telephone at: 1.301.715.8592 (U.S.) or 888.475.4499 (Toll Free). Webinar ID: 81392857671#. Members of the public wanting to speak virtually on an item during the meeting, must click the "raise hand" icon if using the Zoom app or press "9" on the telephone to raise their hand.

NOTICE IS HEREBY GIVEN that the following Public Hearing will be heard by the Mayor and City Commissioners of the City of Miami Beach, Florida, on July 28, 2021 at 2:05 p.m. or as soon thereafter as the matter can be heard:

2:05 p.m. Public Hearing

A RESOLUTION OF THE MAYOR AND CITY COMMISSION OF THE CITY OF MIAMI BEACH, FLORIDA, APPROVING A WAIVER OF THE LAND DEVELOPMENT REGULATIONS PERTAINING TO GENERAL ADVERTISING SIGNAGE AT FLAMINGO PARK, LOCATED AT 1200 MERIDIAN AVENUE, MIAMI BEACH, FLORIDA, BY A 5/7TH VOTE OF THE CITY COMMISSION PURSUANT TO CITY CODE SECTION 142-425(D), IN ORDER TO PERMIT A BANNER FOR JACKSON HEALTH SYSTEM AT THE FOOTBALL STADIUM AND SOCCER FIELD IN FLAMINGO PARK, IN CONNECTION WITH JACKSON HEALTH SYSTEM'S DONATION TO THE CITY. This Resolution is being heard pursuant to Section 142-425 of the City's Land Development Code and § 166.041 F.S. Inquiries may be directed to the Parks and Recreation Department at 305.673.7730.

INTERESTED PARTIES are invited to take part in this meeting or be represented by an agent. The public may submit written comments by sending an email to: CityClerk@miamibeachfl.gov by 5:00 p.m. the day before the City Commission Meeting. Please identify the Agenda Item Number in the email subject line. Emails received will be forwarded to the Mayor and Commissioners and will be included as a part of the meeting record.

Copies of Agenda Items are available for public inspection at: <https://www.miamibeachfl.gov/city-hall/city-clerk/agenda-archive-main-page-2/>. This meeting, or any item therein, may be continued, and under such circumstances, additional legal notice need not be provided.

Pursuant to Section 286.0105, Fla. Stat., the City hereby advises the public that if a person decides to appeal any decision made by the City Commission with respect to any matter considered at its meeting or its hearing, such person must ensure that a verbatim record of the proceedings is made, which record includes the testimony and evidence upon which the appeal is to be based. This notice does not constitute consent by the City for the introduction or admission of otherwise inadmissible or irrelevant evidence, nor does it authorize challenges or appeals not otherwise allowed by law.

To request this material in alternate format, sign language interpreter (five-day notice required), information on access for persons with disabilities, and/or any accommodation to review any document or participate in any City-sponsored proceedings, call 305.604.2489 and select 1 for English or 2 for Spanish, then option 6; TTY users may call via 711 (Florida Relay Service).

The City Commission Meeting will be broadcast live on Miami Beach TV (MBTV), viewable on the City's website at <https://www.miamibeachfl.gov/government/mbtv/>, as well as on Atlantic Broadband Cable channel 660, AT&T U-verse channel 99, Hotwire Communications channel 395, and ROKU device on PEG-TV channel, and on social media at <https://www.facebook.com/cityofmiamibeach>.

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